

## IN THE CLAIMS

1. (currently amended) An appliance comprising:
  - a temperature regulation system comprising a convex portion and a Peltier device having an active side and a waste side
  - a cook vessel in contact with the active side, the cook vessel comprising a removable lid and having a concave portion matched to the convex portion of the temperature regulation system; and
  - a waste side distribution system,wherein the Peltier is located underneath the cook vessel and the active side provides temperature regulation to the cook vessel.
2. (currently amended) The appliance of claim 1, wherein the convex portion is a thermally conductive material located between the Peltier and the cook vessel~~temperature regulation system consists essentially of a Peltier device that provides both heating and cooling to the cook vessel.~~
3. (currently amended) The appliance of claim 2, wherein the temperature regulation system consists essentially of the Peltier device and contacts the cook vessel indirectly through a thermally conductive material having a concave shape matched to a convex portion of the cook vessel.
4. (original) The appliance of claim 3, wherein the waste side distribution system comprises a heat sink.
5. (original) The appliance of claim 4, wherein the waste side distribution system further comprises a fan.
6. (original) The appliance of claim 5, further comprising a control unit having at least a timer.
7. (original) The appliance of claim 6, further comprising a temperature sensor connected to the control unit.

8. (previously presented) The appliance of claim 7, further comprising a user interface.
9. (original) The appliance of claim 8, further comprising an insulated housing in which the cook vessel is removably accepted.
10. (currently amended) A method comprising:  
contacting a cook vessel, having a concave portion, with a Peltier device wherein the Peltier device is located underneath the cook vessel, wherein a thermally conductive material having a convex portion matched to the concave portion of the cook vessel separates the Peltier from the cook vessel; and  
cooking uncooked ingredients in the cook vessel until edible.
11. (previously presented) The method of claim 10, further comprising controlling the cooking with a control unit having a user interface, a remote interface or combinations thereof.
12. (original) The method of claim 10, further comprising supplying a motive thermal transfer medium to a waste side of the Peltier device.
13. (previously presented) The method of claim 10, further comprising refrigerating the cook vessel before the cooking step.
14. (previously presented) The method of claim 10 further comprising supplying a liquid thermal transfer medium to the Peltier device.
15. (previously presented) The method of claim 11 further comprising refrigerating the cook vessel after the cooking step.
16. (previously presented) The appliance of claim 2 further comprising a plurality of Peltier devices in contact with walls of the cook vessel.

17. (previously presented) The appliance of claim 2 further comprising a latch or a hinge connecting the removable lid to the cook vessel.
18. (previously presented) The appliance of claim 8 further comprising a remote interface.
19. (previously presented) The appliance of claim 3 wherein the waste side distribution system comprises a plumbed system or a liquid thermal transfer medium.